

	Lesson 1 Baseline Assessment	Lesson 2 Balancing	Lesson 3 Core Strength & Balance	Lesson 4 Balance with Control	Lesson 5 Static Balance	Lesson 6 End of Term Assessment
Warm Up	Indoors on chairs: Play Jungle video	Indoors on chairs: Play Jungle video	Indoors on chairs: Play Jungle video	Indoors: Play Jungle video	Indoors: Play Jungle video	Indoors: Play Jungle video
Activity	Discuss 'What happens to our bodies when we exercise' slide.	Discuss 'Core muscles' slide. Jungle Rock and Roll Exploring rocking and rolling. Rocking turtle Rocking turtle to standing giraffe Armadillo roll	Discuss 'Core strength' slide. Jingle Jangle Jungle game. Teacher shouts out actions and children perform them: Gorilla grab Rocking turtle Armadillo roll	Discuss 'Reasons to warm up' slide. Meerkat moves game. Meerkat Moves - travel around like Meerkats. Stop and balance. Giant Giraffes - Crawl on all fours like a giraffe. Stretch up high and balance. Snappy Crocodile - lay on front, snap arms out in front.	Discuss the 'What happens when I exercise' slide. Scratchy Monkey game. Scratchy Monkey - On all fours, lift one hand to scratch tummy. Turtle's Shell House – On all fours, children put a cone on their back. Hippo roll - Rock forwards and backwards, rock onto feet to kneel on hands and knees.	Baseline Assessment See lesson page and Assessment Snapshot for details.
Skill	Baseline Assessment See lesson page and Assessment Snapshot for details.	Seated balance activities. Children sitting in a circle in various positions passing different objects.	Jungle Pilates movements. Explore the movements on slides 1-4: Neutral Spine Parrot Sloth Gorilla	How do we balance activities. Various balancing activities to explore and challenge balance.	Static balance activities. In partners and groups of 3. Immovable Hippo Tip the Spider Wheelbarrow lift Lift the plank Standing immovable hippo	Assessment activities continued
Activity with Skill	Assessment activities continued	Jingle Jangle Jungle game. Teacher shouts out actions and children perform them: Gorilla grab Rocking turtle Armadillo roll	Walking through the jungle. Set up jungle obstacles. Gorilla grab Armadillo roll Rocking turtle on it's back Rocking turtle to tall giraffe Snappy Crocodile Elephant's trunk Ostrich	Jungle Pilates movements. Explore the positions and movements on the slides.	Jungle Pilates movements. Explore the positions and movements on the slides.	Assessment activities continued
Review / Assess	Complete snapshot assessment sheet.	Review slide Children complete the statements.	Review slide Children complete the statements.	Review slide Children complete the statements.	Review slide Children complete the statements.	Complete snapshot assessment sheet.